



*What Every Consumer Should Know:*

# Medication Compliance

Noncompliance can put your health at risk. If you are noncompliant with your medicines, your condition may not improve, and may even get worse.

## **What is noncompliance?**

- Not filling a prescription initially
- Not refilling a prescription when still needed
- Taking a medication at the wrong time
- Stopping a medication before medication course is completed without your physician's advice
- Taking the wrong dose
- Taking a medication incorrectly
- Skipping doses
- Taking someone else's medication

## **Compliance Tips:**

**Educate Before You Medicate.** The first and most important step is to educate yourself about the specific drugs you use, the conditions they are intended to treat and the expected effects.

**Build a partnership.** Work towards a partnership with your physician so that he or she understands your treatment goals and can recommend the best options for you.

**Don't be afraid to "bother" your doctor or pharmacist with your concerns or questions.** If you find that a drug is difficult to take, or is causing unpleasant side effects, let your doctor know right away. There may be another way to treat your condition or symptom. Ask your doctor or pharmacist if a different drug or dosage would work.

**You may qualify for financial assistance to pay for your prescriptions.**

A recent survey revealed that many adults do not fill their prescriptions or cut back on recommended doses because of cost. *You may qualify for financial assistance.* Log onto **www.cahd.org** to access a list of financial assistance programs if you have no prescription drug coverage.

**Keep a list of your medications with you.** Log onto **www.cahd.org** for a free medication record.